Heart Rate Peak Target and Recovery Time
Guy Harriman
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I use a stationary bicycle, and as part of my daily practice, I do high intensity exercise, cycling for 30 seconds two times, with a rest in between. The first pass is holding my breath, so I am relying on oxygen in my blood, and more importantly, not clearing carbon dioxide from my blood, which is a stressor physiologically, but allows me to stay in parasympathetic mode while consciously relaxing. So it is a form of meditation overriding the automatic response of the body.

The second cycling pass I go all out for 30 seconds, exhaling strongly and rapidly just through my nose. This is a type of pranayama (yogic breathing).

Since using the PyraLight and Ginseng, I have felt much more physical strength, and I wanted to monitor the performance of my heart. I use a bluetooth oximeter, so I can chart on my phone. It measures heart rate once a second, blood oxygen, and (less interestingly) peripheral blood flow.

Here are the expected results by age. I am 62:

http://www.heart-health-guide.com/recovery-heart-rate.html

First you will need to achieve targeted heart rate which can vary from a person to person, depending on your age. You can either jump, run or preform any kind of activity which will raise your heart rate.

Targeted heart rate zones:

• **120 - 160** for people 20 - 29 years of age
• **115 - 155** for people 30 - 39 years of age
• **110 - 148** for people 40 - 49 years of age
• **100 - 135** for people 50 - 59 years of age
• **95 - 130** for people 60 - 69 years of age
• **90 - 120** for people 70 - 79 years of age
• **85 - 110** for people 80 - 89 years of age
80 - 105 for people 90 - 99 years of age

After you achieve targeted heart rate, you should stop exercising and immediately measure your heart rate. Then, you should check your heart rate 2 minutes after the first measurement and write it down next to the first number.

The bigger the difference between these two numbers, the better is your R.H.R is as well as your cardiovascular system function.

Note: If you don't have heart rate monitor, you can measure your pulse with a feel and count technique. For more detailed informations check the heart rate navbar on the left.

AGE AND RECOVERY HEART RATE

If you ate good foods, stayed in shape and exercised regularly, then R.H.R will be lower than it should be for someone your age. It means that you are actually younger than your calendar age and vice versa.

Heart rate recovery rates, classified by difference between these two numbers:

• If the difference is 68 or above, then you have superb heart function, while you are a lot younger than your calendar age.

• If the difference is between 58 and 67, then you have great heart function, while you are a considerably younger than your calendar age.

• If the difference is between 49 and 57, then your heart function is very good, while you are a slightly younger than your calendar age.

• If the difference is between 24 and 48, then your heart function is good, while you are about the same age as your calendar age.

• If the difference is 23 or below, then your heart function is weakened, while you are slightly older than your calendar age.

Results

Here are two charts, from 17 September 2017, and 25 September 2017:
You can see in both charts, recovery time from peak to resting is consistently under 90 seconds. The first chart shows a dip in blood oxygen from 98% to 88% during the second intense cycling period, whereas the second chart shows the blood oxygen staying consistently at 98% throughout. Initial resting heart rate in chart 1 is around 70 bpm, in chart 2 it is 65 bpm. I took these exact numbers from the csv readings:

In chart 1 peak to final resting heart rate difference is \( 146 - 66 = 80 \text{ bpm} \)
In chart 2 peak to final resting heart rate difference is \( 138 - 62 = 74 \text{ bpm} \)

The results are consistent with a physiology of someone in their 20s. Note that I do not run or do other regular aerobic exercise, except for a couple of hours of cycling when I go into town once a week. I have been vegan for 32 years, and raw vegan for 5 years. For 13 years I only eat one meal a day, after 6pm. I do about 3 hours of yoga and chi gong daily.

What I have noticed is much more physical strength since taking the Stem Cell GinSeng, as well as having much better sleep and prostate health since starting to use the PyraLight pad in December 2016.

The oximeter readings confirm the benefits of the lifestyle I have, as well as the Stem Cell GinSeng and PyraLight support.